

# Lemon Israeli Couscous

Yield: 4 min  
Total Time: 18 min

Recipe from: <https://www.recipeschoose.com/recipes/j-alexander-s-israeli-couscous-recipe>

## Ingredients:

- fresh Parmesan cheese
- chicken stock
- olive oil
- salt
- pepper
- 1 cup Israeli couscous
- 3 garlic cloves finely minced
- 2 cups chicken stock
- 1 teaspoon lemon zest
- 1/2 lemon juiced
- 1/4 cup green peas
- 1/2 cup Parmesan cheese
- salt
- pepper

## Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 53 grams
3. Cholesterol: 20 milligrams
4. Fat: 12 grams
5. Fiber: 5 grams
6. Protein: 21 grams
7. SaturatedFat: 3 grams
8. Sodium: 1030 milligrams
9. Sugar: 7 grams

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